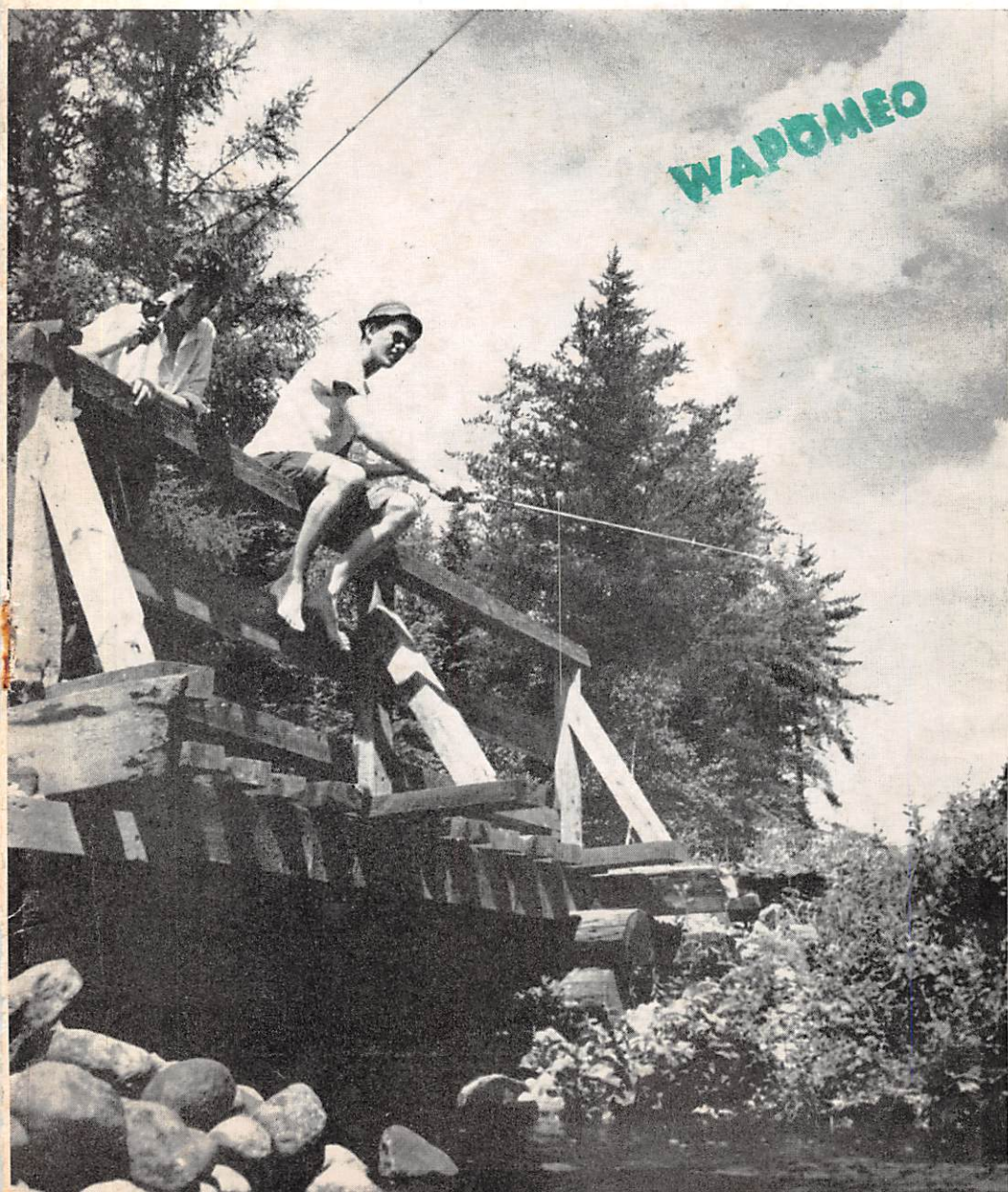


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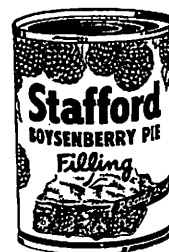
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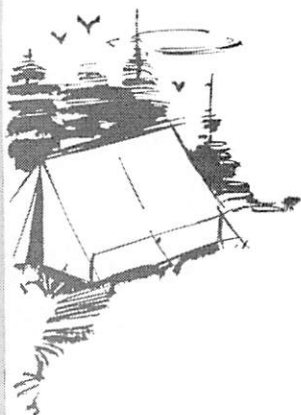
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CANADIAN CAMPING

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APRIL, 1960

No. 3

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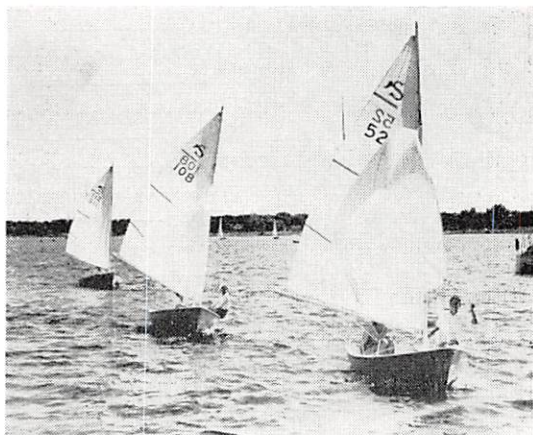
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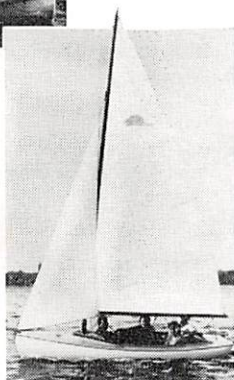
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WHITHER SHALL I FOLLOW . . . ?

*Joyce Bertram, Director,
Camp Ouareau, Quebec.*

Camping is not very old — fifty years, give or take a few. Is it not the ultimate irony that we should be talking already of “putting camping back into camp?”

What happened to the woodland trail followed by the starry-eyed pioneers of camping? Their one thought was to provide city children with the unforgettable experience of living in the out-of-doors, to bring children into a sudden awareness of the glory and grandeur of nature, and to return them to the city “with sounds of running water on their tongues, and memories of mountains in their eyes.”

Somewhere along the way that woodland trail has become asphalted, the mossy tree-laden banks are now shored up with logs, stones or even bricks. The tiny pigeon-berries are strangled, the blueberry and mulberry bushes pushed back and the trees are pruned and shaped to make for less obstruction and a more attractive approach.

Where tents once stood, stands a three- or four-room cabin built to the latest scientific designs with adequate air, headroom and ventilation. The

bathroom in this building is modern, the screens rustproof, the windows trim fitting. The beds have inner spring mattresses, the clothes cupboards have sliding doors, and the wind in the pines at evening can scarcely be heard for the sounds of record player and radio and the merriment caused by rock’n’ roll. Instead of the fir has come up the tennis post; instead of the balsam the diving tower, and instead of the cedar the P.A. system.

Are we out of our minds? What makes us think that we know so much more about “real camping” now? What in heaven’s name makes us think that city entertainments, city sports and city facilities will satisfy youngsters who long for wide untrammelled spaces, great causes and the long thoughts of youth? Children have not changed since those pioneer camping days. It is we who have changed, adapted, “improved”, so that camps no longer offer the challenge to high adventure, the call to associate themselves with the eternal mysteries of life, the opportunity to live with God’s creation, to experience first-hand the satisfactions arising from co-operation



with and appreciation of natural forces.

A child who washes at Senior Wash House with forty or fifty others — where the hot water is electrically heated and dispensed — is not likely to appreciate the glorious shock of surprise which comes from seeing the sun rise over the mountain at the end of the lake. The youngster who watches "specially selected movies" in the Lodge at night and then undresses to the strains of rock and roll from a transistor radio, is not ready for the heart-stopping excitement of hearing a hoot owl from the old oak tree on the hill or the poignant call of a loon from the shadowy depths of the moonlit lake. The child who is so protected by the modern well-built cabin roof that he doesn't hear the soft sound of rain on the tent, or the pleasant gurgle of running leaping water down the path past his bed, is being cheated of the very things that the pioneers of camping were trying to give him.

Parents know that their children are being cheated — in the city and at school. They turn to camps, often at great personal sacrifice, in the hope that they will give their child something he can get nowhere else. Honest parents realize, as did Antaeus of old, that having lost their touch with the earth they are in danger of losing also its serenity and strength. They know that modern cottages do not provide this serenity and strength. For here, too often, the child is organized into Junior Squadrons, Junior Country Clubs, junior versions of the same rat-race which has ensnared his parents. Camps are the one stronghold against city pressures, city tensions and city standards of values.

A parent idealizes camp, often basing this on his or her own fond memories of camping. Nostalgic thoughts return to haunt the dreams. Groups of eager sun-tanned youngsters racing each other to morning dip, cavorting about like ponies turned out to graze; glorious days spent mountain climbing, paddling, bush-wacking, exploring, sailing, swimming; a pan of fresh-caught fish sizzling over a campfire; long tranquil evenings by the dying embers when youth and God sit talking; a balsam bed under the stars, undying friendships formed, young thoughts stretched to infinity, young ideals formed and young characters shaped into worthwhile moulds.

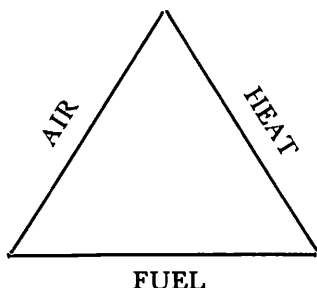
These are the worthwhile things that camps offered many years ago—these are the worthwhile things which camps CAN offer right now—but straight is the way and narrow the path, and few camp directors there be that succeed. For camp directors have allowed themselves to go along with the time, to put the emphasis on buildings, on equipment, on professionally trained staff. Programme directors and "correlators" and "consultants" plan so much for each day that children are exhausted at the end of it without having enjoyed it.

Children want a chance to be themselves—and where better place than at camp? But if our camps are highly organized places where everyone gets up to a bell, swims to a whistle, eats to a gong and sleeps to a bugle, how are they going to get the chance? Where, in a programme like that is a youngster going to find the things for which the early camp directors fought? We worry so that children will not "adjust". Adjust to *what*, in heaven's

turn to page 141

THE A-B-C OF FIRE EXTINGUISHMENT

For fires to occur, three elements—fuel, heat and oxygen—must be present. As air contains a sufficient proportion of oxygen for fire to occur, it is simpler to refer to the elements of combustion as fuel, heat and air. In conjunction these are called the Triangle of Fire.



It is by studying this Triangle of Fire that a knowledge of fire extinguishment is attained. It is simply the removal of one or more of the three elements. An illustration of this is a gas stove fire which can be extinguished by simply closing off the fuel supply.

Fuels are anything that will burn. From the standpoint of fire they are divided into three main classifications. Firstly, ordinary materials that will burn, such as paper, canvas, wood, cloth, dry grass and vegetation. Fires in such materials are termed Class "A" fires.

Another class of fuel includes flammable liquids, fats, greases, etc., and fires in these are termed Class "B" fires.

The third class, or Class "C" fires, involves fires in electrical equipment.

How are these types of fires best extinguished? In each case, a review of the elements forming the Triangle of Fire will supply the answer. For fires in ordinary materials (Class "A") it is well nigh impossible to remove the fuel as it is usually too abundant. The air could possibly be removed by blanketing it off, but then, this type of fire is often deep seated, so in such cases a blanketing action would be of





little use. The only remaining element it is possible to remove is heat and this proves to be the case. It is usually removed by the cooling action of water in the form of a solid stream or spray.

For Class "B" fires, such as a gasoline spill fire, it is again impossible to remove the fuel. The action of a cooling agent, such as water, tends to spread the fire, since gasoline does not mix with water but floats on the top of it. Thus in this case, the most efficient extinguishing method is by the removal of air or by smothering the fire.

In Class "C" fires, that is, fires in electrical equipment, there is the inherent danger of electric shock. This new hazard must be considered by using an extinguishing agent that is non-conductive. The fuel can be removed by disconnecting the electrical source by pulling out the cord or switching off the current; or the fire may be extinguished by smothering.

Extinguishers are classified according to the types of fires for which they are

designed. But a word of warning: obviously, there are many types and styles of extinguishers on the market. You will want one that is reliable because it has been tested and labelled by competent engineers, not just because a salesman says so. You will obtain this quality only by purchasing those extinguishers approved by your Provincial Fire Marshal or Fire Commissioner, such as those bearing the label of the Underwriters' or Factory Mutuals Test Laboratories. Always look for the approval label.

Class "A" fires are fought by the cooling action of water or water solutions. A type of extinguisher best suited to use water is the pump tank consisting of a combination of a hand pump and a water tank of $2\frac{1}{2}$ to 5 gallon capacity. So long as the tank is kept supplied with water one may pump indefinitely without pause. In many camp sites, hand operated water pumps are conveniently and strategically located. These are usually of the back-pack or knapsack type. These types allow more freedom of the use of the arms. The range of the stream is from 30 to 40 ft. and so one is able to reach even the ridge pole of most cottages.

Other water agent extinguishers are the soda-acid and the pressure cartridge type. These are excellent for fighting fires in ordinary combustibles, but require recharging after use. Remember—water freezes at 32°F and so all water type extinguishers must be protected from freezing temperatures. Pump tanks can have calcium chloride crystals added as an anti-freeze. 10 lbs. of crystals added to $2\frac{1}{2}$ gallons of water will provide protection down to minus 40°F .



Class "B" fires — those involving flammable liquids— usually occur in gasoline spills when refueling stoves, outboard motors, etc. Dry chemical, carbon dioxide, vaporizing liquid, and foam type extinguishers are all suitable for fighting such fires. All have the effect of smothering or blanketing the fire thereby excluding the air and removing one of the elements of the Triangle of Fire. A word of caution— *vaporizing liquid type extinguishers produce toxic fumes and so must NEVER be used in confined spaces.*

Class "B" extinguishers are given numerical ratings by the testing agency. This rating is indicated on the name plate of all such equipment and gives an indication of its fire fighting efficiency. Under normal operating conditions, an extinguisher with a "B-4" rating is capable of extinguishing a flammable liquid type fire of 4 sq. ft. maximum area. One with a "B-4" rating is twice as effective as one with a "B-2" rating.

Dry chemical type extinguishers are available in sizes ranging from 2½ to 30 lb. capacity with a gross weight of from 7 to 55 lbs. Carbon dioxide extinguishers have capacities from 2½ to 25 lbs. with a gross weight of from 10 to 65 lbs. Foam type extinguishers are of 2½ gallon liquid capacity but generate from 15 to 20 gallons of chemical foam for fire fighting purposes. All the Class "B" type extinguishers except foam are suitable for fighting Class "C" fires.

A summary of the properties of extinguishers available is given in the table on page 114.

Remember—most fires would never have extended beyond their incipient stage if attacked by the prompt and

effective use of the correct extinguisher. Speed of action is vital—learn how to operate your extinguisher NOW. Precise operating instructions vary considerably with the type, but are given on the name-plate of every extinguisher. **READ THEM NOW** before it is too late.

If you have no extinguisher available—improvise. Brooms, mops, blankets, rugs and buckets are all useful tools for fire fighting. When wet, a broom or



mop is a useful tool for beating out a small fire. A blanket or rug will also smother a fire effectively. Small grease fires can be extinguished by sprinkling with bicarbonate of soda; *but take care!* Buckets of sand or loose dry earth are also effective. **NEVER use flour or starch.** You may cause an explosion.



CHARACTERISTICS OF APPROVED PORTABLE FIRE EXTINGUISHERS RECOMMENDED APPLICATION

| | PUMP TANK | SODA-ACID | FOAM | VAPORIZING LIQUID | CARBON DIOXIDE | DRY CHEMICAL |
|---|--|---|---|--|---|--|
| CLASS "A" FIRES — Wood, Textile, Paper, Rubbish, Etc. | YES | YES | NO But will control small surface fires | NO | NO | NO |
| CLASS "B" FIRES — Oil, Gasoline, Grease, Paint, Etc. | NO | NO | YES | NO | YES | But will control small fires |
| CLASS "C" FIRE — Electrical Equipment | NO | NO | NO | YES | YES | YES |
| NOMINAL CAPACITIES & WEIGHT FULLY CHARGED | 2½ gal. 40 lb. 5 gal. 65 lb. | 2½ gal. 35 lb. | 2½ gal. 35 lb. | 1 qt. } 1½ qt. } 1½ qt. } | 10 lb. 38 lb. | 2½ lb. 7 lb. 4 lb. 10 lb. 20 lb. 40 lb. 30 lb. 55 lb. |
| NORMAL FIRE AREA (SQ. FT.) OF GASOLINE IN OPEN TANK TO BE EXTINGUISHED BY NON-EXPERT OPERATOR | UNSUITABLE | UNSUITABLE | 2½ gal. 5 sq. ft. | UNSUITABLE | 10 lb. 3 sq. ft. | 4 lb. 4 sq. ft. 12 sq. ft. 20 lb. 17 sq. ft. |
| MAXIMUM EFFECTIVE RANGE | 30 - 40 ft. | 2½ gal. 30-40 ft. | 35 ft. | 16-35 ft. | 2-4 ft. | 4 lb. 4 ft. 20 lb. } 6-12 ft. 30 lb. } |
| EFFECTIVE DISCHARGE TIME | 2½ gal. 60 sec. 5 gal. 115 sec. | 2½ gal. 60 sec. | 2½ gal. 60 sec. | 1 qt. 23-50 sec. | 10 lb. 25 sec. | 4 lb. } 10-16 sec. 20 lb. } 30 lb. } |
| MEANS OF EXPELLING CHARGE | Pump | CO ₂ by chemical reaction | CO ₂ by chemical reaction | Pump or pressure | Under 850 PSI pressure normal temp. (70°F.) | Gas cartridge or stored Gas pressure |
| COMPOSITION OF EXTINGUISHER CHARGE | Water or calcium chloride solution | Sodium Bicarbonate solution and sulphuric acid | Solutions of aluminum sulphate and sodium bicarbonate plus stabilizer | Specially treated carbon tetrachloride | Carbon dioxide | Specially Treated Sodium Bicarbonate |
| SUBJECT TO FREEZING | YES, unless anti-freeze charge is used | Yes, freezes below 27°F | YES freezes below 27°F | NO | NO | NO |
| ANNUAL INSPECTION | Discharge | Discharge | Discharge | Partly discharge semi-annually or check pressure gauge | Weigh extinguisher semi-annually | Weigh cartridge and check condition of dry chemical |
| OPERATION | Pump | Invert | Invert | Pump or open valve | Turn hand wheel, pull trigger or squeeze handle | Pull trigger or squeeze handle |
| APPROXIMATE SPACING (Floor Area) | 2,500 sq. ft. | 2,500 sq. ft. (2½ gal.). Larger units at hazard | At special hazards | At special hazards | At special hazards | At special hazards |
| TRAVEL DISTANCE (Max.) | 50 ft. | At special hazard | 50 ft. | At special hazard | At special hazard | At special hazard |

Are summer camps using the golden opportunity to create in our children an awareness of the infinite variety, beauty and fascination of Nature? Those few weeks in camp are filled with fun and activities out of doors. Boys and girls acquire many skills and learn to cooperate happily in groups. However, if they leave without becoming familiar with some of the trees, flowers, birds, small animals or insects they may see and hear, surely we have failed to round out their experience. Children and grown-ups, too, find a walk through woods and fields many times more interesting if they know something about the growing things seen along the way. A little knowledge of nature lore can carry over into adult life, with interest and knowledge growing each year. Thus a quiet hour outdoors can become a thrilling expedition,



even when one is past the age for travelling far afield! Nature is never dull for those with eyes and ears open.

NATURE MUSEUM

By Catherine VanWagner,
Nature Specialist,
Camp Nominique, Quebec.

How to be sure that children begin this acquaintance with nature while at camp is often a problem. Unless there is someone on the staff specially qualified, it is left to chance or neglected entirely in the midst of other activities.

It is difficult to find a counsellor, other than a student of botany or zoology, who feels able to take on the assignment of nature leader. This is a large obstacle, but if we feel strongly enough about a real nature programme, it can be overcome. Cannot directors, when interviewing staff, make an effort to discover in a prospective counsellor a spark of interest in nature lore and a desire to know much more? Here is a person who will become an enthusiastic nature leader, given a few of the excellent books for amateur naturalists



to read before camp begins. There are also practical guides for nature activities, games and programmes.

An inexperienced leader will never lose prestige if he or she admits ignorance when confronted with the strange things campers find. Carrying a few reference books, a box or jar for specimens and finding answers together to "What is it?" can be far more fun than a learned talk. He will soon find that campers' curiosity will spur him on, and he will want to keep a few jumps ahead of them. He will begin to notice more of what is going on in the world of nature, whether in remote camp, city playground or day camp. He will be able to make trees and wild flowers worthy of more than a casual glance, if he knows a little of the dependence of man and all animal life on the green growing things about us. He can teach children a respect for laws protecting wild life, and for keeping large areas unspoiled by the predation of commercialism.

Next in importance to having a nature leader is a place set aside, where campers can bring specimens, and where there are books to help them identify and learn.

The following will be found excellent reference material and fascinating to read:

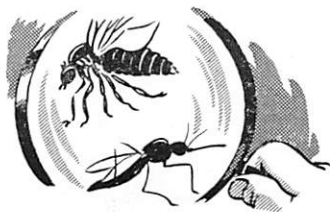
The Golden Nature Guides, covering nine or more subjects: **The Nature Program**, published monthly by the National Audubon Society; the **Canadian Audubon**, a magazine of particular interest to Canadian nature lovers of all ages; the fine charts printed by the Audubon Society. The forming of a Junior Audubon Club in camp is appealing to campers and gives access to useful information.

Thus a Nature Centre or Museum is easily established, and if someone is there to encourage children's curiosity, interest in nature lore will spread throughout camp.

There is no more deeply satisfying experience than that of opening the eyes of boys and girls to the wondrous every-day miracles in the world of nature. Where, other than in summer camp surroundings, can this happen for the majority of young people?

SPACE FOR NATURE DISPLAYS

A special room or cabin is ideal, but lacking this, several large notice boards may be placed in a prominent place on the porch of lodge or dining hall. Charts of birds, flowers, etc., pictures



and short articles, specimens and exhibits made by campers may be thumb-tacked here; few shelves for other exhibits, aquaria, etc., some jars for wild flowers and plants. Children should become aware of the need for restraint in gathering specimens, and the rules for some species, **DO NOT PICK** — and most others — sparingly

turn to page 151

IS YOUR KITCHEN A HEADACHE?

By Phyllis Trotter,
Executive Secretary,
Ottawa Y.W.C.A.



The mid-twentieth century years will probably be known as the period of specialization. Sometimes we dislike the idea and there are no doubt dangers. But what about the Jack-of-all-trades? We would certainly not attempt to find a person who could specialize in all the jobs at camp. In the first place, it is unlikely that we could find such a person, and, secondly, he would be given definite areas of responsibility. But, as camp directors do we try to be just this? Oh, yes, we do hire specialists for the direct supervision of waterfront programme, campcraft programme, health services, etc. What about food service? Many private camps do have highly-qualified persons in charge of this work but not so many non-profit and organizational camps. Is this because we think food at camp is of lesser importance than

other things? I don't think so. Maybe it is because we believe that anyone who can feed a family is able to plan the meals, purchase the food, supervise its preparation and serve it for a camp. After all, you just multiply by one or two hundred. There is really no problem to supervising kitchen staff and seeing that the kitchen area is clean. Oh, yeah!

Last year I knew I was going to direct the Ottawa Y.W.C.A. camp. I did not look forward to the problems I had previously experienced and that my successors had inherited in the area of food service. After considerable discussion it was decided to inquire of a



local catering firm if they would be interested in providing the food service at our camp for approximately nine weeks. They were interested and proceeded to make plans. I should say here that this was no inspiration on my part as I knew of one private and one organizational camp in Quebec that did this.

One of the first matters settled was that payment to the company would not be the grocery bill plus a percentage of it for profit and administration, but rather, the grocery bill plus wages, plus \$100.00 per week for overhead, administration, cartage and profit. This latter was suggested by the firm so that no profit could be made on food that was wasted. It was specified by the camp that menus would be approved by the Camp Director and that the quantity served would not be limited. In other words, the agreement was made that the camp would pay for the food it wanted served, leaving the problems of staffing, administration, and provision of the food to the company.

The cook was decided upon by the company in consultation with the Camp Director. This gave some assurance of having the kind of person one likes to have at camp. The cook's helpers were hired, as we had done in other years, by the caterer making arrangements with our caretaker to hire local girls. The cook and her helpers proved to be very satisfactory and added to the life of the camp. The helpers also learned a good deal by

working with an experienced, well-organized cook. They enjoyed their summer, and their parents expressed appreciation to the cook for having helped give these sixteen-year-old girls such a pleasant summer.

In addition to the personnel at the camp, a supervisor in the company was given the responsibility of this operation. He was the liaison between the Camp Director and the company. By visiting the camp at least once a week he made himself aware of the difficulties and problems, and was available for suggestions.

This experiment proved to be very successful after the initial problems were ironed out. I would stress, however, that these were no more numerous or disastrous than one ordinarily experiences in arranging and supervising this area. As a matter of fact they were much fewer for the Director and there was a great reduction in time spent on this area. To say that there was less wear-and-tear on her is a great understatement. In addition, it was necessary to hire a business manager, and the salary here was available for a Programme Director. The food was good, tastefully served, plentiful without waste, and the kitchen area was clean. In addition, all surplus food was removed at the end of the season and credit given to the camp. A company in the food business can use it elsewhere but a camp can not. Our experience in returning food to wholesalers has been

turn to page 120

WE WENT TO SAN FRANCISCO

By F. M. Van Wagner,
President, Canadian Camping Association

Some twenty members of the Canadian Camping Association attended the American Camping Association Convention in San Francisco, March 2-5th. Two representatives were from British Columbia, one from Quebec, and the remainder from Ontario. This Convention, marking the 50th anniversary of the American Camping Association, had as its theme "Light From A Thousand Campfires".

San Francisco by the Golden Gate is without doubt one of the most interesting cities on the continent. It is a city built on hills. The best known are Telegraph Hill and Nobb's Hill. The Mark Hopkins Hotel, Convention Headquarters, is situated on the latter. An early breakfast served to delegates on "Top o' the Mark", was one of many memorable experiences. Lunch at Fisherman's Wharf, dinner in Chinatown, and finally the Private Camp Directors' Hawaiian Luau provided both good food and good fellowship.

All sections of the country were well represented among the 1200 delegates in attendance. This provided a wonderful opportunity to meet camping people from all sections of the country and discuss with them common problems and interests. Many, I am sure, will agree that this is the most valuable part of any conference.

In addition to the general sessions, each morning and afternoon one could choose from nine seminars, five workshops and ten to fifteen interest sessions, covering a wide range of subjects. At these sessions one not only heard the experts, but had an opportunity to participate in discussions. At

these small sessions we learned that camp sites, objectives and practices varied greatly. For instance, many western camps are located in high mountain country where riding and hiking trips are featured, and canoe camping so popular in much of our country, is not possible. Certainly organized summer camps provide great diversity and there seems little danger of camps losing their individuality.

Yes, camps differ so much and in such a variety of ways, that at a National Convention only a small percentage will be dealing with conditions similar to our own. However, there is no doubt that the basic problems and objectives of the American Camping Association and the Canadian Camping Association are very much the same. Some of our common needs are for a strong camping association; greater acceptance of camping as a profession; acceptance of camping as an important phase of education; greater recognition of the importance of organized camping on the part of the general public, as well as our legislators, and the need to conserve and utilize our wilderness areas for both organized camping and family camping. Finally, there is the need to continue working for high standards for all types of camping.

I am sure I speak for all Canadians at San Francisco in saying we were most favourably impressed by the friendly hospitality of our California hosts. Everything possible was done to make our stay enjoyable and profitable. We will long remember "Camping's Golden Date by the Golden Gate".

—●

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from page 118

You are naturally wondering about cost. Including all food cost in 1959, the amount per person per day was \$1.03. In 1958 this cost was .98¢. This is an increase of .05¢ per day, but remember that the Camp Director was freed of this responsibility to do a more adequate job, and it was possible to hire a Programme Director without in-

creasing fees. Also, food can be bought, by a company using large quantities, at a lower price. It should be mentioned that, as far as possible, the same suppliers were used as in previous years; e.g.—the dairy and the butcher.

Of course, there can be problems. One lies in the hiring of staff. A poor

turn to page 150



WHEN GRANDMA TOOK TO THE WOODS

*Margaret Govan, Director,
Camp Onawaw*

When Mother was a child, in the mid eighteen-eighties, she went camping. Of course it wasn't organized camping (and some of the things which happened would have turned a camp director's hair grey and blood cold!) but it was real camping, and is, I suppose, the link between the enforced camping-out of pioneer days and the very different camps of to-day.

It seemed that her Aunt had been persuaded by her four sons to take them 'tenting' on the shore of the Bay of Quinte. She was a motherly soul and could see no reason why a nephew and a niece who had lost their mother, and another niece to keep the first company, shouldn't join the expedition. Then there were short-term campers, her own daughters who were older and slept in an improvised dormitory in the farm near-by, relatives from one place and another, and the sons' friends who brought their own tent but joined the others for meals.

The equipment which had been moved by wagon from the house in Picton, consisted of two tents, one for the Aunt, her youngest son who was hardly more than a baby, and the two girls; the other for the boys; a table made from planks and saw-horses, cots for the women-folk, mattresses for the boys, and cooking equipment. They built a stove out of field stone and an

ancient stove top. The boys cut boughs for beds and slept in solid comfort.

The Aunt provided a good supply of pre-cooked foods, pre-cooked in her own kitchen that was, and replenished the larder when they went home for Sunday and church. The boys did the rest of the cooking, and it was very good, so said Mother, especially the pancakes. Mother did not cook, but



she certainly could cope with out-door cooking when I went on picnics with her, some years later. The Aunt made pull-taffee once, as a special treat. Appetites were what we expect of

turn to page 140

SMALL BOAT SAFETY



By C. R. Blackstock,
National Director,
Water Safety Service,
Canadian Red Cross Society

A paraphrase of the Regulations appearing in "Safety Afloat" appears below. "Safety Afloat" is the Federal Government Department of Transport publication giving the regulations which affect the operation of small boats anywhere in Canada. These regulations are changed or modified from year to year. You should be familiar with these changes by check-

ing each year with the current issue of "Safety Afloat". You can obtain a copy by writing the Department of Transport, Ottawa.

SAFETY EQUIPMENT REQUIRED FOR BOATS:

Not over 18 feet in length:-

(a) one approved small vessel life-jacket or lifesaving cushion for each person on board;

(b) two oars and rowlocks or two paddles;

(c) one bailer or one manual pump;

(d) if equipped with an inboard motor, permanently fixed or built in fuel tanks or a cooking or heating appliance that burns liquid or gaseous fuel, one class B1 fire extinguisher.

Note: Whilst an anchor and rope or cable or chain is not a mandatory requirement, operators are advised in Safety Afloat to carry such an item if operating under dangerous conditions such as swift currents, etc. Rope or cable, equal to at least five times the average depth of water should be used with a short length of chain at the anchor end to give better holding ability.

Over 18 feet and under 26 feet in length:-

The requirements are the same as for vessels under 18 feet in length with the exception that an anchor may be used as an alternative to oars or paddles. Also, one Class B1 fire extinguisher is mandatory.

Note: There is now a requirement for all vessels powered with gasoline engines below decks or in enclosed spaces to have these engines or motors fitted with Flame Arrestors and gauze-covered Drip Pans to the Carburettors.

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J. H. Beattie
TORONTO

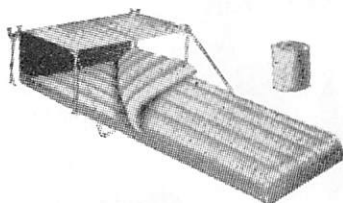
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HOW DO YOU SCORE ON FIRE SAFETY ?

Continued from February 1960 Issue

CHECK
Yes No

ELECTRICITY

- | | | |
|---|--------------------------|--------------------------|
| 25. Are electric irons and all electrical appliances used for cooking, equipped with metal stands and heat controls? | <input type="checkbox"/> | <input type="checkbox"/> |
| 26. Do you use only those electric appliances, fuses, extension cords bearing the label of Underwriters' Laboratories, Inc.?..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 27. Are all electric extension cords in the open—none placed under rugs or over hooks? | <input type="checkbox"/> | <input type="checkbox"/> |
| 28. Do you allow only qualified electricians to install your wiring, make all wire splices? | <input type="checkbox"/> | <input type="checkbox"/> |
| 29. Do you use standard fuses of proper capacity, never substituting others?.... | <input type="checkbox"/> | <input type="checkbox"/> |
| 30. Do you always use safety film for movies, never nitro cellulose film unless the camp has a standard projection booth? | <input type="checkbox"/> | <input type="checkbox"/> |

SMOKING

- | | | |
|---|--------------------------|--------------------------|
| 31. Do you maintain restricted places for smoking—no matter WHO is smoking? | <input type="checkbox"/> | <input type="checkbox"/> |
| 32. Does the camp insist that all cigarettes and cigar butts be carefully extinguished before they are disposed of? | <input type="checkbox"/> | <input type="checkbox"/> |
| 33. Do you insist that matches be broken in two before they're thrown away?.... | <input type="checkbox"/> | <input type="checkbox"/> |

FIRE FIGHTING

- | | | |
|--|--------------------------|--------------------------|
| 34. Do you have simple fire-fighting equipment, such as brooms, rakes, pails of water, pails of sand, shovels? | <input type="checkbox"/> | <input type="checkbox"/> |
| 35. If you have a fire hose, canvas or rubber, do you test it before camp opens? | <input type="checkbox"/> | <input type="checkbox"/> |
| 36. Is equipment kept in designated places and in good condition?..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 37. Do you have more than one exit from all rooms in main buildings? | <input type="checkbox"/> | <input type="checkbox"/> |
| 38. Do you have a camp check before retiring to see if all fires and lights are out or suitably protected? | <input type="checkbox"/> | <input type="checkbox"/> |
| 39. Do you have regular fire drills for all campers and staff? | <input type="checkbox"/> | <input type="checkbox"/> |
| 40. Do you have a place where pumpers can take water?..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 41. Do you have approved fire extinguishers in every main building? Are they kept in good working order? Do your personnel know how to use them?.... | <input type="checkbox"/> | <input type="checkbox"/> |
| 42. Do you have fire escapes on buildings of more than one story? | <input type="checkbox"/> | <input type="checkbox"/> |
| 43. Do you have an easily distinguished fire alarm? | <input type="checkbox"/> | <input type="checkbox"/> |
| 44. Do you have a fire brigade in camp? | <input type="checkbox"/> | <input type="checkbox"/> |
| 45. Do you have ladders that will reach to the roof of your buildings? | <input type="checkbox"/> | <input type="checkbox"/> |
| 46. Is there any organized fire protection in your community? | <input type="checkbox"/> | <input type="checkbox"/> |
| 47. Do you know where or how to call for this protection service? | <input type="checkbox"/> | <input type="checkbox"/> |

CAMP FIRES

- | | | |
|--|--------------------------|--------------------------|
| 48. Do you build outdoor fires only in safe places, or sand or other mineral soil, or on rocks and not near trees? | <input type="checkbox"/> | <input type="checkbox"/> |
| 49. Do you clear away all flammable material from around your outdoor fire, including incinerator, for at least six feet and never leave your fire unattended? | <input type="checkbox"/> | <input type="checkbox"/> |

Let Them Sleep In The Open

B. Lowes

Why is it that every time mother feels cold, Johnny arrives at school with two sweaters on? Why is it that some camp directors just assume that five to seven year old campers should not sleep out on the "cold ground"? Carrying over from the Dark Ages is the unfounded fear of night air. Somehow the superstitions of "vapours and ills" has persisted with only a modern veneer. When you really pin these people down, they mumble something about cold and dampness . . .

Phooey! Youngsters are warm-blooded and tougher than many adults and they love the adventure of sleeping out. When we used to have five to seven year olds at camp, they went on overnights regularly and flourished in spite of "the night air". This highlight experience should not be denied them, for if it is approached sensibly and progressively, there is no reason why young children should not fare as well as any other camper. The key is careful planning and experienced supervision. We built up to the first overnight in several ways. First, counsellors taught the children the meaning of night sounds during their first nights in camp. Campfires at night further acclimatized the campers, followed by sleep-outs around the campfire close to the cabin. In this way, if a child became afraid or if a sudden rain developed, the campers could be taken into the cabin. We planned their first overnight carefully since we were anxious for the first experience to be a

memorably happy one. A night filled with mosquitoes, rain, bumpy ground, cold or poor food can sour a child on tripping for years.

Young campers did not go on overnights during the mosquito season. We sent our best trippers and had a staff camper ratio of one to two and the group was never larger than one cabin group (seven to eight campers). Each child was cleared by the camp doctor before leaving and upon returning. The right night was picked with as much care as D-day. The date was not preset. It was often during the afternoon that the overnight trip developed spontaneously. They packed and started right away.

We were exacting in our choice of a site that was not too far from camp so that the children did not become weary from the hike to it. The site had to be one that was readily accessible so that if the need arose, we could pluck them back to camp swiftly. The site had to offer high, dry sleeping accommodation, be bug free, have a good water supply and strong programme possibilities.

The children were bedded down with care. When their bedrolls were laid out in the afternoon, each spot was chosen carefully, free from stones, stumps, roots and other sleep-robbing discomforts. One counsellor slept between two campers so that he or she

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They Shall Sleep Under Shelter

E. Flynn

What shall it be . . . yes or no? Shall we permit five-to-seven-year-olds on overnight trips to sleep completely under the stars (or clouds) without shelter of any kind?

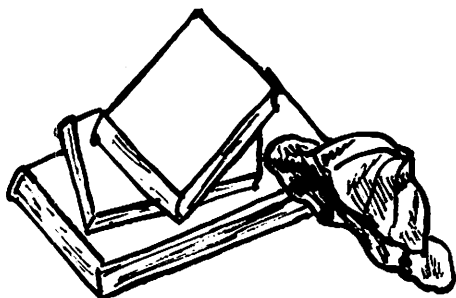
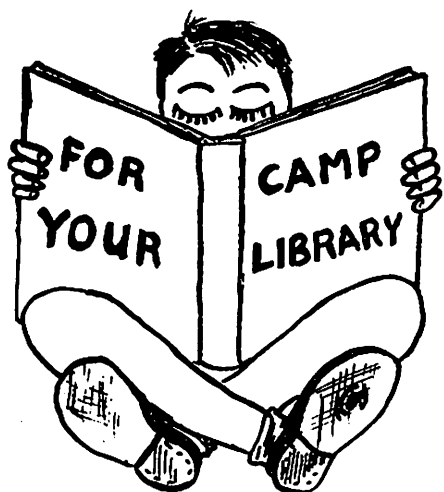
As an incurable tripper and lover of outdoor sleeping accommodation, I believe that all children should know the fun and glorious excitement of overnight trips; but there is one line I draw when it comes to this very young age group: let them head for the woods, by all means, but it must be to a camp site complete with tent or cabin for under-cover sleeping. This applies equally to boys as to girls of this tender age, for, after all, they are only just past the baby stage, and quite obviously still need a mite of extra care when they are away from home.

Nightfall can bring any number of changes and chances which to us only serve to provide mirth for a winter evening's conversation, but to tiny tots could be quite frightening experiences in the dark. All of us have known the sharp change in weather as well as the sudden drop in temperature night hours can bring. Fog is prone to appear without benefit of warning. Hardly a night goes by without dewfall to a greater or less degree. Winds come a-whistling at a moment's notice, to say nothing of "things that go bump in the night" . . . like thunder . . . or cows and other wild life on the prowl.

True, we train and expect our counsellors to be on the alert, but there are times when sleep takes over completely. If tiny campers awaken with the dampness and cold, or get lost in a sleeping bag, or slide downhill, their lack of experience could lead to disaster in one form or another. Why smother a love for the very outing we feel they should relish all their lives?

Paradoxically, I like them to be outdoors for the entire waking hours of the trip; let them sit around the fire, watch the soup pot bubble, roast marshmallows, sing their songs, join in "Taps", and rise with the first bird-twitter if they want to. The shelter is for sleeping only. Each bundled into his own sleeping bag, the camper still has the fun of selecting a special corner or a whole room if the cabin is a large one.

Perhaps this is only the feminine approach. I do not intend that they should become softies. Far, far from it. But I do feel that while these children are in camp, their health is of paramount importance. Only wisdom and forethought can help keep them out of the infirmary. For my money they sleep under shelter. If their one aim in camp life is to sleep under the stars, I much prefer that it becomes the parents' responsibility . . . when these wee ones have returned home.



by Joyce Bertram

CREATIVE NATURE CRAFTS *R. D. Bale*

To any camp director or crafts instructor who feels that the Arts and Crafts programme has gotten a little out of hand with all the importations from the city, but doesn't quite know what to do about it, this book should come as a godsend. Packed with information on how to make Nature Prints, Leaf Skeletons, Nature Costume Jewellery, Dried Flower arrangements, Straw Crafts, Corn Husk Crafts, Terrariums, Bird Houses, Feeders, Nature Trails and many many other things, it covers a wide range of things to make and do for the average child. No fancy equipment is needed, just the seeing eye and lots of imagination. This is a good little book to buy early in the season so that craft instructors may bone up on its many ideas. McAinsh and Company, Toronto 7. \$2.50

CAMPING — ADMINISTRATION, LEADERSHIP, PROGRAMME *Barbara Ellen Joy*

It is not often that a book on Camping Administration can strike an immediate spark from a jaded camp director who has read too many of them for too many years. If you never

buy another camp book as long as you live, buy this one! especially if you are new to the game.

The opening chapter on Basic Philosophy does just what it sets out to do—to provide a foundation on which each individual director can build his own philosophy. It stresses what we all are beginning to hear so much about — how to put more REAL camping into camp.

The following chapters on Administration, Leadership, program, health and safety are all extremely well done, setting out in simple language the author's own experience of many years in the camping field. Much of the material can be adapted to other camp situations and much can be used just as it stands. Don't be without this one. McAinsh and Company, Toronto 7. \$2.75.

INSPIRATIONAL POETRY FOR CAMP AND YOUTH GROUPS *Compiled by Jean Berger*

This little book is FUN — fun to have and fun to read from, and fun to have in the camp library. The poems contained herein are by no means classics, except inasmuch as they are an

turn to page 152

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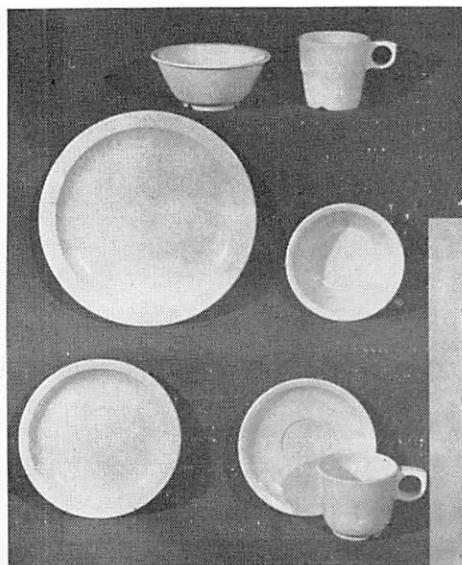
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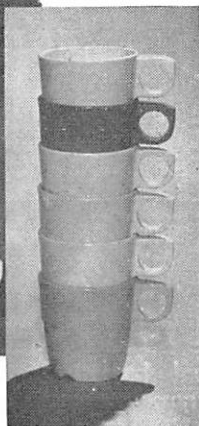
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NURTURE FROM NATURE

*Kirk A. W. Wipper, Director,
Camp Kandalore*

PART II

Certainly any interest in exploring the realm of edible natural foods will require some systematic and intensive work in identification. However, this pursuit is only realistic in the adventure of wildlife lore if the goal is to use identified natural objects as food. Detailed and careful consideration of names of living things from the natural surroundings would not be desirable or necessary in a regular wildlife programme which does not include the purpose of nurture from nature. This point is made in the interests of accident prevention. There is no room for inaccuracy in the process of identification when a specimen is to be eaten. Leaders and campers must, therefore, be very sure of what they are doing in this fascinating adventure of living off the land.

Our consideration for this issue will be with edible plants, shoots and leaves. Specimens here are readily identifiable in most cases, and as suggested above, the student of wildlife should be confident in his recognition of the various wild foods to which reference will be made.

Any discussion of this particular group must start with the **dandelion**. It is the most common and prolific food plant and can be used in two

ways. The leaves may be boiled twice to remove bitterness and then the product served like spinach, or, on the other hand, some people prefer the salad made from washed young dandelion roots. This is, indeed, a most attractive food and it is claimed that it has twenty-five times the vitamin A content of tomato juice. Dig some of these from your front lawn and try it—your effort will be most worth while, both from the point of view of nourishment and a handsome lawn. **Chicory** may be found in fields and along roadsides. It is a common plant with sky blue flowers. The leaves when young, may be eaten raw or boiled as a pot herb. All parts of this useful plant, however, are edible and entirely wholesome. Many of you have, no doubt, heard of chicory being used as an adulterant of coffee. **Milkweed** has been associated with the monarch butterfly and probably has not been looked upon as a food source. It is commonly found in fields and waste areas. The young seed pods are excellent when cooked and present a fine substitute for asparagus. The **mustard plant** is a very prolific enemy of the grain farmer. Its leaves may be used very successfully after cooking, as a flavour additive to a serving of greens.



Some people claim it aids digestion, but this is difficult to prove. The Indians regularly ate the young clover plant, raw, before the flowering stage. This is worth trying. Certain ferns in their young or "fiddlehead" stage are quite edible. The shoots of bracken (not a real fern), cinnamon and interrupted ferns, make a good asparagus substitute when boiled in salted water to make them tender. The starchy rootstalks are also quite useful after having been properly baked. The tender shoots of the great burdock must be peeled before they can be eaten raw or made into a salad. If they are stripped of rind, the stalks can be boiled with salt. The curled dock makes a good pot herb when the tender young leaves are cooked. Its many seeds may be used as flour for bread. Lambs Quarters also make a fine summer pot herb if they have been boiled in two waters for about twenty minutes each. The fleshy, succulent leaves of sorrel have a pleasing acid taste which is desirable in a salad or as a pot herb. Eaten raw or boiled, it is a fine substitute for rhubarb. To add to its desirability the sorrel should be cooked with sugar.

The group listed below may also be used successfully, if simple preparation directions are followed:

Marsh Marigold — flower buds — pickled; young leaves boiled into greens (caution —do not confuse with poisonous white helebore.

Nettle — use young leaves with sour or with salt meat as a spinach; adds flavour to other greens.

Evening Primrose — shoots may be eaten raw; roots may be used as celery stalks.

Purslane—used by Romans and Greeks as potherb, salad or pickled.

Skunk Cabbage—young shoots may be boiled and roots roasted.
young shoots for soup flavouring, or eaten as salad.

Sheepsorrel— leaves have acid taste, young shoots for soup flavouring, or eaten as salad.

Violets—very mucilaginous and good soup thickener—may be used in salads, soups or stews.

Sumac— shoots may be peeled and eaten raw.

Common Plantain— early shoots may be boiled and used as greens.

Adder's tongue— (yellow dog tooth violet) may be used as greens.

Bellwort—roots edible when cooked— young shoots are an asparagus substitute.

Chickweed — makes an excellent spinach.

Water Cress—salad herb, leaves and stems eaten raw or in salad with salt.

Cow Parsnip — (Masterwort) —the tender leaf and flower stalks make fine greens.

Solomon's Seal—boil the young shoots in spring.

Trillium—fine greens when cooked.

It is quite possible that staff and campers may discover their own method of preparation for such foods to be more satisfactory than the simple suggestions submitted above. Naturally, experiment in this field should be encouraged — this is part of the creative adventure of camping! There is really no single way of preparing natural foods, or any other food for that matter!

(Another article to follow)

—●

NEWS AND NOTES

FROM OUR MEMBERS

"The 1960 Nova Scotia Camping Association Conference is in the planning stage, the recommended major items to be considered this spring being Camp Leadership, Waterfront Operation, Health and Safety Resources, Camp Administration." This is the latest memo to come from Freda Wales who is now Secretary for the Association. There is an eager group at work in this Association in Halifax, and we send them our blessings in the planning sessions which are taking place as we go to press.

"The University of British Columbia and the B.C. Camping Association are pleased to announce a Camping, Outdoor Education and Conservation Workshop to be held at the Acadia Extension Centre on the Campus of the University of British Columbia, on April 22nd, 23rd and 24th, 1960. The programme is planned for Directors, Committees and Administrators, Camp Staff and Counsellors, as well as any others interested. Keynote speakers will include Mr. Ted Yard, Director, Camp Pinecrest, and Past President of Canadian Camping Association, and

the emphasis will be on practical problems both of Camping and Camp Leadership as well as an evaluation of Camping in B.C., its future trends and developments." So runs today's announcement arriving from Lorne Brown, Chairman of their Conference Planning Committee. Congratulations, B.C.!

A VENTURE IN NEWFOUNDLAND

*By John C. Perlin,
Honorary Secretary,
Sunshine Camp Association.*

The Sunshine Camp Association was founded by the Rotary Club of St. John's during the Presidency of Dave Thistle in 1935-36. Mr. Thistle highlighted his inaugural address with the appeal of the Prince of Wales (later King Edward VIII) for special efforts on behalf of the welfare of the youth of the Empire. The Sunshine Camp was to provide summer holidays in the



country for crippled and under-privileged children in the St. John's area.

The scheme for the Camp was drawn up in the winter of 1936 in consultation with experts in the medical field (amongst whom was Dr. James McGrath, now Newfoundland's Minister of Health). In May of 1936, the property of the late Lord Morris at Healey's Pond (approximately six miles outside the city) along with the sole rights to the river leading from the swimming pool) were acquired, and the contract for the Camp erection was let. The building was constructed from plans drawn up by the Inspector General of Newfoundland, the late Mr. Charles Hutchings. The money for the project was raised by public subscription at a time when Newfoundland was still plunged in the depths of the depression. Lady Walwyn, wife of the Governor of Newfoundland, laid the cornerstone on September 16th, 1936. The building was opened on June 16th, 1937, to alternate groups of thirty boys and thirty girls, each spending two weeks in camp during the summer months. The practice continued from 1937 until 1954, when, due to a serious polio epidemic in 1953, the Camp became the first centre in Newfoundland for the treatment and rehabilitation of children stricken by polio. To do this it was necessary to winterize the building and make provision for school and physiotherapy rooms as well as the additional domestic accommodations necessary in a thirty-two bed residential centre.

This centre is available to any physically disabled child in the province for admission and assessment, providing the child has been referred to the Association by a doctor. The Association has over one thousand children on

its register who are afflicted with cerebral palsy, polio, spina bifida, neuro-muscular disorders, bone diseases and deformities, amputees, nerve injuries and congenital anomalies. As may be easily realized, there is a constant waiting list for in-patients from all over the Island. Out-patients at the present time can only be treated in the general area surrounding St. John's. Each child is fully assessed and has a programme drawn up for his or her maximum rehabilitation. All surgery is performed at the St. John's General Hospital and, wherever possible, follow-up examinations are performed on all children discharged from the Centre.

The Camp is financed by the proceeds from the March of Dimes and Easter Seal Campaigns as well as those from the Sunshine Camp Radio Auction. Since July, 1958, the Camp has received contributions as a private hospital under the Government Hospital Scheme. The Centre at present has a bed capacity of thirty-one beds with six cots. The age of the patients ranges from two and one half to sixteen years old. Weekly evaluation clinics are held for both in- and out-patients.

The staff consists of two physiotherapists, a school teacher, an A.D.L. nurse, an occupational therapist, a social worker as well as a requisite number of registered nurses and their necessary assistants. The medical staff is headed by Dr. A. E. Shapter, an orthopaedic surgeon, and Dr. C. McCann, consultant in physical medicine and rehabilitation.

The Sunshine Camp Association is a purely voluntary organization and is believed to be the only one of its kind in Canada.

—●

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CAMP TONAKELA — INDIA

The 1960 Officers of the North American Committee for Camp Tonakela, India, have been elected as follows:

Honorary Chairman: Miss Mary S. Edgar, Camp Glen Bernard, Ontario.

U.S.A. Chairman: Mr. Clifton M. Drury, Camp Hayo-went-ha, Mich.

Canada Chairman: Mrs. Adele Stat-ten Ebbs, Camp Wapomeo, Ontario.

Canada Vice Chairman: Mr. C. R. Blackstock, Camp Mazinaw, Ontario.

U.S.A. Vice-Chairman: Mrs. Doug-las Haskell, Camp Treetops, New York.

U.S.A. Treasurer: Mr. Theodore Cavins, Camp Mishawaka, Minn.

Canada Treasurer: Mr. John H. Bugar, 175 Dawlish Ave., Toronto 12.

Secretary: Miss Jessie L. Kay, 190 Withrow Ave., Toronto 6.

Camp Director: Sri M. Perumal Naidu, Camp Tonakela, India.

Mr. Wallace Forgie, Director Em-eritus, came from India to attend the Golden Anniversary of the American Camping Association in San Francisco, and will visit Canadian camps during 1960.

Mr. Clifton M. Drury was elected U.S.A. Chairman, to succeed the late Dr. Hedley S. Dimock.

When Ordering

PLEASE REMEMBER

**OUR
ADVERTISERS**

from page 126

was right at hand in case a child needed attention during the night.

Warmth is a must. I will probably start another duel issue by saying that pyjamas have no place on an over-night, any more than bathrobes or slippers. I am not recommending that children wear the same clothes day and night for a week. However, on an overnight, nothing is worse than not being warm enough whether you are young or old. Men who live in the bush do not undress to go to bed. To undress is foolish. Change your clothes regularly but don't take off that warm shirt or pants to face the cold night. Instead, put on an extra sweater or sweatshirt and a good warm pair of socks. Even with a sleeping bag, I recommend that an extra blanket or two be inserted if the night is cold, because the type of bags that campers bring to camp are not very warm.

Finally, during the night, staff checked from time to time on the campers because they roamed. Sometimes they climbed out of their sleeping bags and at other times bag and camper migrated several feet.

They rise at dawn, resign yourself to this. Before heading back to camp after breakfast, the campsite was left spotless and improved in some way. Good campsite management should begin with the first cook-out or over-night.

If you have planned it carefully and supervised it well, they will have had a healthy, incomparable experience. Do they want to go again? You just try to hold them back. Stop being so timid. If you take five to seven year olds to camp, don't suddenly get pangs of conscience and start to coddle them. Give them a full experience which includes overnights . . . sleeping out.

—●

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Sermons

Under

The Sun



So often during the summer, just when we are called upon to prepare a talk for our campers' Sunday service, ideas escape us, the memory fails to produce any kind of story through which to show God's wondrous works and to illustrate Christ's teachings. In *Children's Adventures with Nature and People*, Dr. A. J. William Myers has gathered more than thirty stories and talks about children and animals, Biblical stories and brief versions of some of the classics, each to tell its own moral, and each related to Biblical incidents or teachings. Any one of the stories would form the basis of an interesting ten-minute talk.

To give you an idea of the scope, its topics include: The Ant and the Cricket; Be Somebody; Bird and Animal Doctors; Daniel, the True-hearted; The Freedom of the Slaves; The First Locomotive; Hector and the Strawberries; Hospitality, a Joy; Jacob and Esau, Twin Brothers; Nature's Workshop; Ruth, the Moabite; Zaccheus, the Little Man; The Road of the Loving Heart; From Kitchen Boy to Knight; The Bees, Our Friends.

Dr. Myers lives in Toronto, has written fifteen books on Religious Teaching, as well as many contributions to journals of a religious nature. His interesting life has included teaching, followed by many years as Head of the Department of Religious Educa-

tion at the Hartford Seminary Foundation, as well as ministerial leadership in the United Church in the province and in Toronto. The book is available at \$3 through United Church House Book Room, 85 St. Clair Avenue East, Toronto 7.

SLOW ME DOWN, LORD

Give me, amidst the confusion of my day, the calmness of the everlasting hills. Break the tension of my nerves and muscles with the soothing music of the singing streams that live in my memory. Help me to know the restorative power of sleep. Teach me the art of taking minute vacations . . . of slowing down to look at a flower, to chat with a friend, to pet a dog, to read a few lines from a good book.

Remind me each day of the fable of the hare and the tortoise, that I may know that the race is not always to the swift; that there is more in life than increasing its speed. Let me look upwards to the branches of the towering oak, and know that it grew strong because it grew slowly and well.

Slow me down, Lord, and inspire me to send my roots deep into the soil of life's enduring values, that I may grow towards the stars of my greater destiny.

—●

CAMP WATERFRONT PROGRAMS AND MANAGEMENT

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This is the up-to-date, all encompassing waterfront manual for camp directors, waterfront staffs and swimming coaches.

It covers general organization and administration; layout; health and safety standards; standards for boats, canoes, other watercraft; waterfront programs; rowing; canoeing and canoe trips; seamanship course and ratings; sailing; water skiing; developing artificial lakes and ponds.

DEVELOPING CAMP SITES AND FACILITIES

John A. Ledlie, Editor . . . \$4.25

Applicable to any kind of camp, this guide to camp planning, development and maintenance tells what to do, and how to do it efficiently.

Recommended Procedures in Developing a Camp Project or Camping Services; General Layout of Camp Property; Good Practices in Establishing Living Quarters for Campers and Staff; Camp Program Facilities; Kitchen Layout and Food Services; Waterfront Layout and Aquatic Facilities; Recommended Layouts and Good Practices for Health and Sanitation; Procedures for Camp Maintenance.

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Dr. Doty scrutinizes closely the elements that have bearing on character development: the cabin group, parents, staff, program, and the camper himself.

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from page 121

campers and Mother earned the reputation of always falling asleep with a hand in the cookie tin! (The Aunt's tent was also store room, I gather.)

The sports equipment consisted of a raft, built by the boys, and anchored with a boulder in water deep enough for diving. They managed to borrow both a row boat and a canoe, and improvised a sail boat out of the canoe, using Mother's belt for a sheet, but she didn't know what the sail was made from. (There were no special camp out-fits; you simply wore your oldest clothes.)

"What did you do?" I asked.

"I learned to swim. You had to; otherwise you were left on land with the boys out on the raft. And there was rowing and canoeing and fishing. We were always busy."

There were no awards, no classes, no organized teaching or programme. But my Mother learned to dive as well as swim, to handle a boat, and all the names of the wild flowers, (but she had a deep seated interest in flowers before the camping experience.) The Aunt does not appear to have played much of a part. Even on the dark and stormy night when there was an explosion off shore, followed by cries for help, and the boys took the boats and went off, the youngest brother and the girls comforted each other as they peered out into the darkness. The Aunt may have been in the offing of course. Eventually the boys returned plus the baker and family, wet, frightened and very grateful.

All in all it was a most successful holiday and was repeated at least once. There is a moral in this, but I'll let you work that out for yourselves.

—●

from page 110

name! Basketball, baseball, water skiing? A youngster at camp wants a chance to adjust to sleeping on the ground, swimming "skinny" in the moonlight, catching toads, building a tree house that is so lopsided that everyone standing or sitting in it has to lean to windward to hold it up. He wants to adjust to the wind and storms, the sunrise and the deep quiet of a moonlit wood.

Thanks to the Hidden Persuaders and the Status Seekers, camps now hire people who talk about "character research project programs" and "workable suggestions for creating teaching opportunities". This same staff is filling in forms called "leaders' progressive appraisal," and "perceptions from the use of teaching technique forms". Now I ask you! Is THAT camping? Is that what children want when released from school and durance vile?

With a heritage like ours, why must camp directors get on the band wagon with everyone else and figure that the less comprehensible a thing sounds the better it actually is? What particular alchemy is there in calling "living together with other kids" an "experiment in social adjustment through a meaningful relationship with one's peers"? Why can't we leave camps alone to do the job which they are still eminently suited to do? Why must we build and adapt and design and improve so that modern camps are no different from modern hotels? Camping has a heritage—a unique one handed to us by people who believed in the value of simplicity, the worth of the individual and the "uncontaminated state of grace of the good and commonplace". Why, in Heaven's name, are we so intent on throwing it away?

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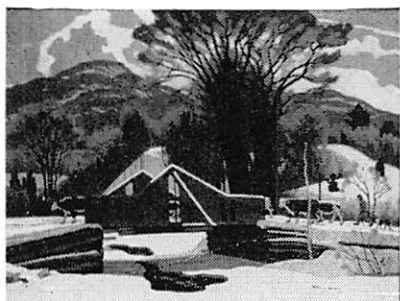
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IDEAS - - -

FOR PROGRAMME

SELECTING PLYWOOD

Perhaps wood-working is one of the major activities at your camp — or perhaps you plan to build something before the season opens. If plywood is to be the material, there are things you ought to know before you go to the lumberyard. First, remember that both sides of a piece of plywood are graded as to number of knots and evenness of grain. Both sides may be high-grade, one high and the other low, or both low. (Some lumber mills grade plywood in four degrees; A, B, C & D. If you plan to have only one side of the board surface facing out, you can save money by buying a piece of plywood with one high grade side and a lower of the other.

Also, if your plywood will be exposed to weather, be sure you mention that fact when you buy it. Different classes of plywood are used — one for interiors and one for exteriors. Exterior plywood is made with a more water-resistant glue, and holds up better in the weather.

But remember, no plywood is entirely waterproof. All surfaces exposed to weather should be sealed or painted.

PANELLING

For a panelling, siding or flooring job, you may plan to use tongue and groove lumber, make sure you buy $\frac{1}{3}$

more lumber than the square footage of the actual space to be covered. Waste and fitting will use up about $\frac{1}{4}$ of your lumber footage; and if you prepare for that fact ahead of time, you won't run the risk of being unable to match your original lumber in the second batch.

For banquets, stunt nights or dances, those on the decorating committee will be as surprised as we were to learn of two methods of decoration which can be interesting to make with a minimum of time and trouble:

Angel or Gnome Mobile

Fit together two hula hoops at right angles to make the cage and bind them together with ribbon, raffia or fabric of a contrasting colour. Make an angel or gnome using a Christmas ball, round pine cone or wooden ball for the head; pine cone for body; paper cut-out wings and clothes; pipe cleaners for arms. The entire figure could be made from pipe cleaners if that is preferred. Attach a length of raffia, coloured cord or tinsel to the top of the head and hang the figure from the centre point where the hoops cross. Suspended in this manner, the gnome and hoop move in a mysterious and interesting way.



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String Cages

Materials needed: Balloons blown up and tied with their own "necks", salad oil, yarn or string; thick wall-paper paste, thick laundry starch paste (half a cup of starch dissolved in a little cold water to one quart boiling water; bowl for starch-paste mixture; clothes dryer, clothes hangers, etc., for hanging balloons to dry; suit box or large pan; glitter and gold paint, sequins, etc.; pine cones and sprigs of evergreen to decorate the finished product.

How to make: Make a mixture of half wallpaper paste and half starch. Sprinkle wallpaper-paste powder into water and stir until smooth and thick. Never put water into "flour" as lumps will result. Tie balloons on to rack or hangers so that they hang freely. Oil them slightly all over with salad oil, using palms of hands. Set bowl of paste-starch on table and place suit box or large pan beside it. Hold fingers of right hand down in "goo", and draw string or yarn through with left hand, thoroughly dampening yarn. Let yards of string or yarn collect in pan, break yarn and let end hang over edge of pan so that it will not get lost; then, holding balloon at top with left hand, start winding "goeey" yarn around the balloon in every direction until it is covered with a good network, but leave a "window" near the top large enough to admit whatever is to hang inside. When string has dried (twenty-four or thirty-six hours), puncture the balloon and draw out the pieces through the window at the top. Carefully, please! (The oil base keeps the yarn from sticking to the balloon).



The "cages" may now be decorated in any imaginable way . . . with glitter and sparkle, gold or silver paint. Small sprigs, bows or pine cones may be attached to the top. At the same time attach a long string or yarn so that the cages may be suspended from any given point.

NOT A BIT OF USE TO WORRY

Not a bit of use to worry,
 Not a bit of use to sigh,
 Not a bit of use to sit down,
 Rub your eyes and start to cry,
 For in life we get the bitter
 And in life we get the sweet,
 We must mix them both together
 And forever be discreet.

Not a bit of use to grumble,
 There's no sense in getting vexed,
 Not a bit of use to wonder
 What will happen to us next.
 If forever we are thinking
 Of the trouble that's ahead
 Well, we never will be happy
 And we might as well be dead.

Not a bit of use to worry
 For to worry makes us sad,
 Not a bit of use in fretting
 When we might as well be glad.
 If we're looking for the sweetness
 And the best that there's in life,
 Then we'll have no time to worry
 And we'll have no time for strife.

— Anon.

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IDEAS FOR THE NATURE COUNSELLOR

*By Ivy L. Pantlin, Audubon Junior Clubs
The Audubon Society of Canada*

Yes, where ARE you camping this year? Near a Pond! On a Farm or at the foot of a Mountain? It doesn't matter where it is, it will be Summer Camp time and you will be 'communing with nature', that is when you aren't arranging programmes, planning Field Trips, racking your brains for a project which will keep small hands and minds busy and— what is most important— happy. For you, the Nature Counsellor, there isn't a great deal of time for relaxation; you must be alert, ready for emergencies; ready to answer all those enquiries which so often are accompanied by a live specimen clutched very tightly in a grubby fist. Haven't you come up against it time after time? Johnny stands before you with outstretched hand, fist tightly closed, and an equiring but trusting look on his face as he slowly opens his hand to disclose an insect which, in your estimation, comes under the heading 'creepy crawly', and he says "Please Miss what is it — isn't it pretty?" You still the chilling sensation which persists in creeping up your spine as you gingerly take the specimen in your own hand, examine it,



and feeling greatly relieved that your hours of study have 'paid off' you triumphantly identify it for him.

In Nature there is no substitute for the real thing, and there is nothing so rewarding as to discover a flower, a bird, a rock or something you are able to identify because you became interested in 'Nature'; but even a Nature Counsellor has to admit she (or he) could do with some help to run a Summer Camp programme successfully, and this is where the AUDUBON SOCIETY OF CANADA can help you. We have an activity known as the AUDUBON JUNIOR CLUBS

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Will These Interest Your Campers ?

Reprinted from "THE YOUNG NATURALIST"

Antlers or horns—which is which? It is not difficult to answer this question if we look carefully at their structure and development.

First of all let's look at antlers. These are bony, branched growths attached to the forward part of the skull of members of the deer family. They are usually shed each winter and are replaced by new ones during the next few months.

They begin as bony projections from the skull covered with a soft, hairy skin called velvet. The velvet carries the blood vessels bearing material necessary for growth. The antlers become branched and at maturity the velvet dries up and is rubbed off to expose the hard bone. We may consider the antlers to be merely bony projections from the bones of the skull. The velvet corresponds to the skin on the rest of the body.

Although thousands of antlers are dropped each year in the forests and ranges by deer, moose, elk and other "deer", we seldom find them. This is because they are eaten by mice, rabbits, squirrels, porcupines and even by the deer themselves. The animals obtain important minerals from them which are necessary in their diets.

Now, what about horns? To begin with horns are permanent fixtures. They are not shed as antlers are and they are not branched. They are composed of a hard bone core corresponding to the bone of antlers. They differ from antlers, however, in being covered with a smooth, tough sheath of "horn" which is really a special kind of skin rather like the material in our finger nails. Thus we see that horns are made up of two layers, bone core and horn sheath. Mature antlers are made of bone only. The velvet which is lost corresponds to the horn sheath. Cows, buffalo, goats, sheep and musk-ox are examples of animals bearing horns.

As is often the case in nature there are general "rules" which are not hard to discover, but there are nearly always exceptions which arouse our curiosity and interest. In the case of horns and antlers we look to the case of the prong-horned antelope of the Canadian and American prairies. Here we have an animal which "breaks the rules" by having branched horns with permanent cores, and sheaths which are shed each year. The horny sheath drops off each fall, leaving the bony core, and a new sheath grows up, beginning from the skin around the base.

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1959 Safety Requirements for all vessels over 26 feet in length are more or less unchanged for 1960 with the exception of:

(a) approved small vessel lifejackets may now be carried in all pleasure vessels;

(b) there is now a requirement for only one 30 inch, 24 inch or 20 inch diameter lifebuoy. Previously two each of 24 inch or 20 inch diameter life-buoys were required;

(c) requirements for 12 red flares will now read:- "Twelve pyrotechnic distress signals in a watertight container of which not more than six may be daylight smoke signals";

(d) Sailing vessels, not over 65 feet in length, may now carry a combined red and green lantern in the bow of the vessel in lieu of sidelights.

EXTRA ADVISORY NOTES TO BOAT OWNERS:

(a) when practical, join a boat club and keep abreast of regulations and collective thinking.

(b) Slow down in adverse weather and before making sharp turns.

(c) Carry an anchor, etc.

(d) Advise U.S. tourists that U.S. Coast Guard approved equipment in U.S. boats will be recognized by Canadian authorities but that boats maintained in Canada must carry Canadian Department of Transport approved equipment.

The Canadian Red Cross Society, through its Divisional offices, one in each province, offers a programme of water safety knowledge and skills for the individual. You are invited to get in touch with your Red Cross Branch or the Divisional office in your province for further information. A list of the Divisional offices appears in the February 1960 issue of Canadian Camping Magazine.

—●

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SUMMER CAMP PROGRAMME. Inexpensive—being just .25¢ per child, you can obtain so much material that your life as a Nature Counsellor immediately becomes easier. Each camper receives a handsome scrap-book, outlining three adventure stories: "LET'S EXPLORE A POND"; "LET'S EXPLORE A FARM" and "LET'S EXPLORE A MOUNTAIN". The Nature Counsellor or leader (who pays nothing) receives a wonderfully compact and 'full of ideas' Nature Programme Guide; as a bonus gift this year, the leader receives a well-planned "Nature Counsellor's Guide" which has already won first class praise from Counsellors of previous years. Then, as a special gift to the Club as a whole—a copy of a 3-D cut-out Mountain.

Don't let lack of ideas spoil your Camp! Encourage your campers to make 'discoveries', discoveries of their

own and then get them to share them. They can do this so well with Audubon material. In the city they are taught "STOP, LOOK & LISTEN" to the traffic; let them apply these rules to Nature, adding yet one more "STOP, LOOK, LISTEN AND SMELL". Your campers will learn what to look for and why it is necessary to practice CONSERVATION at Summer Camp. Conserving the land this year will preserve it for your camp next year.

Have you a copy of "Conservation and Nature Activities"? If not, then do get your copy now—special price to campers — \$2.50. The chapter on 'Games for Rainy Days' is worth this price alone. When you return to face the oncoming Winter, "Canadian Audubon" is the magazine to keep you abreast of the "Conservation" news. Write to-day to the AUDUBON SOCIETY OF CANADA, 423 Sherbourne Street, Toronto 5, Ontario, for application forms and information on all of these items. —●

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ONTARIO

from page 120

cook can spoil the food under any system, but a company has its reputation in the community to maintain. The fact that it must be in case lots. This was not necessary this past summer.

same applies to the camp. However, those persons in the food business have know-how in selecting a cook and more contacts in that area. Sometimes catering companies can use a cook who is employed by them in food service to a school or university. This gives them the opportunity to fully employ reliable staff. I believe that the Camp Director should be consulted before a final selection is made.

I have consulted the company concerned regarding their comments and suggestions for this article, as we approached this project as an experiment for both and in a sense of partner-

ship. We were fortunate to have had already established satisfactory relationships with this firm. I am now told they they had real reservations about providing this service but found it very satisfactory. One point mentioned was the necessity for the camp to have a spirit of trust rather than suspicion about what a business concern might do. It was also reported that they were approached about considering other camps before the 1959 season was over, because of the good reports from campers. These reports have made friends for the company.

I am convinced that business can help us and thereby release staff to do the job for which they were hired and for which they have skills. Above all, our campers and their parents were enthusiastic about the food.

—●

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—are soon learned. Exhibits of many kinds, mosses, lichens, polypore fungi, groupings of maple leaves and other deciduous leaves, coniferous needles and cones — with good informative labels, will soon appear.

Live exhibits are most interesting. A wading expedition early in the season, equipped with sieves and jars, will find tadpoles and perhaps baby catfish



in the shallows. The latter are hardy and will thrive all summer if water is freshened often, and finest fish food sprinkled daily. The tadpoles like lettuce and when four legs appear, should have grass or a chip to crawl out on. Largest salad dressing jars make good aquaria, with some sandy mud and a growing water plant or clump of beach grass at the bottom.

Baby turtles are interesting. They need daily care.

Cages for frogs, toads, snakes, mice are easily made in craft shop or by a handy man. Emphasis should be placed on making these comfortable and keeping the specimens only two or three days. Campers will experience the pleasure of freeing small creatures, as well as that of capturing them.

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from page 128

expression of children themselves about things which have meant a lot to them. Some of the poems can be used for worship, some of them for the campfire, some for bulletin board. Some by well known authors will be familiar to the children but none is too deep for the smallest truculent little toughie who feels that "poemes" are sissy. The Dictionary For Campers contained in this book should prove to be very popular. McAlinsh and Company, Toronto 7. \$2.50.

For about forty years, the Slingerland-Comstock Co. has been supplying schools, camps, churches, workshops, scouts and naturalists with loose-leaf and other nature literature of the highest quality at the lowest possible costs. Looseleaf notebooks are priced as low as 50¢. Inserts on every known nature topic come at 2¢ through to 30¢; sets at 75¢ and \$1. We would suggest that you write for samples and their catalogue: The Slingerland-Comstock Company, R.F.D. No. 1, Warren Road, Ithaca 3, New York, N.Y.

A new British Government brochure lists publications relating to the health, welfare and care of children in Britain. Some of these are free, others sell for a nominal sum. Among the free brochures is one entitled "Children in Britain" . . . a comprehensive account designed to indicate the extent of the legal protection which a child in Britain enjoys, and to describe the services, other than the basic one of education, that are provided specifically for the welfare of children, by public authorities and by voluntary bodies." We suspect that many of our Agency Camp members might well be very interested in such a publication. A trip to the office might bring other valuable reports to light: United Kingdom Information Service in Canada, 119 Adelaide Street West, Toronto 1.

—●

CANADIAN CAMPING

from page 151

Campers occasionally wish to bring pets—white mice or rats and hamsters, and these fit into nature museums nicely —(their owners should care for them daily). Hamsters need metal cages with wire mesh, as they will gnaw through wood and screening.

Nature Walks are productive of many specimens for the museum, and this is usually an incentive to keeping eyes and ears open. Small groups of not more than eight will see and hear more than a large party. Carry a few boxes or coffee tins with punctured lids, and a butterfly net. One tin with air tight lid may be prepared for use in killing butterflies or insects quickly if desired as specimens — wet cotton or tissue with carbon tetrachloride. Cover this with a round of aluminum foil, punctured, and the tight lid.

Caterpillars placed in jars with fresh leaves will feed, grow and finally make cocoon chrysalis or pupa case. Some

turn to page 154

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species, such as the Monarch, will emerge as adult moth or butterfly during camp season.

A decaying log, when overturned, may disclose salamanders, centipedes, millipedes, snails of all sizes. In a dryer log, carpenter ants and their hollowed out corridors are often seen.

A closer look at the forest floor shows many kinds of mosses, lichens, mushrooms and other colorful fungi, as well as plant life not seen in the dry open areas.

Rainy Days make opportunities for nature stories of all kinds, discussions on conservation of wild life, trees and plants; observance of fish and game laws, and need for wilderness areas for conservation. Many articles on these subjects are available from government departments and the Audubon Society.

Nature Quiz Games, general questions about things in the museum, making nature books and spatter prints of leaves and ferns, are all enjoyed by children.

If we begin now to develop more interest in nature in our camps, surely in a few years we shall have no difficulty in finding nature leaders.



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